



SECOND-HELPINGS

Homemade food made with passion

SAMPLE MENU

This is a SAMPLE (quite extensive) menu. It lists all the tried and tested favourites over the last few years.

I also produce seasonal menus and special tasting & themed menus throughout the year.

When booking, tell me your favourites and I can come up with some bespoke choices, tailored just for you and your guests.

Prices are from £40.00 per person for three courses, which includes canapés on arrival, water and teas & coffees to end.

Starters

Fish

A Shell-less Lobster & Langoustine Thermidor

(gently poached lobster tail and langoustine mixed with a flavourful sauce topped with Gruyere cheese & grilled until golden and bubbling)

Salmon Crudo with Pickled Cucumber and Wasabi & Avocado Puree

(Fresh as you can get salmon in a citrus marinade thinly sliced, topped with crunchy sliced cucumber and dotted with a wasabi kick avocado puree)

Salmon Fishcakes with Madras Curry Mayonnaise

(cider-cured diced salmon, fluffy potato, coriander, sweet-chilli, tabasco & citrus shaped into delicious croquettes, coated in breadcrumbs - gently fried with curry leaves & sprinkled with garam masala – served with a decadent home-made madras mayonnaise)

Tian of Crab (or Prawn)

(towers of fresh white crab meat or prawns, diced avocado and a salsa of vine tomatoes drizzled with a dill vinaigrette)

Miso Cod Tempura

(chunks of marinated cod covered in the lightest of crisp tempura batter. Served on a bed of crispy seaweed and an Asian dipping sauce)

Ceviche with Aji Amarillo

*(fresh chunks of seabass, pink grapefruit, cucumber, red onions, coriander & lime with pops of crunchy corn in a Leche de Tigre sauce)
Lots of other Ceviche's available*

Smoked Mackerel on a bed of Pickled Cucumber Carpaccio

(served with old fashioned Melba Toast or your favourite bread)

Salad of Lobster, Prawns, Basil, Avocado & Mango

(very decadent for special occasions – fresh, vibrant and delicious with a mango dressing)

Salmon Tartare with Crème Fraiche and a Dill Vinaigrette

*(Fresh salmon & gravadlax diced with fresh dill & shallots served with a dill and tomato vinaigrette & juliennes of lime & lemon)
Other Tartare's available*

Citrus Cured Salmon with Avocado Puree and Caviar

(a truly beautiful starter to create a big impact at the start of your meal. Lightly cured with juniper berries, peppercorns & dill for 24 hours then thinly sliced and topped with citrus fruits, avocado & caviar)

Poached Lobster Tail Risotto

(the secrets in the lobster stock reduction! Another one for a special occasion – it's delicious!)

Chilled Pepper & Tomato Soup with Crab cocktail

(a glorious Summer dish when the tomatoes are sun kissed – served with a little crab cocktail stack in the middle)

Starters *(continued)*

Vegetables

Harissa Hasselback Courgettes with Dukkha

(baby courgettes topped with crunchy, spiced dukkha on a bed of butterbean & tahini dip)

Red Onion Tarte Tartan with Goat Cheese

(roasted red onions with a balsamic caramel on puff pastry, topped with watercress and hazelnuts)

Beetroot Risotto with Goat Cheese Snow & Walnut Crumble

(a creamy vibrant risotto topped with flakes of tangy goat cheese and a crunchy walnut crumble – a very comforting starter)

Cheddar and Parmesan twice-baked Souffle

(light, fluffy and cheesy! Served on a bed of rocket, pear, parmesan and sweet chilli walnuts)

Other Souffle's available

Roasted Romano Peppers with Olive & Sundried Tomato Tapenade

(served in two halves, roasted with tapenade, slices of red onion, basil & garlic slithers then topped with buffalo mozzarella and toasted pine nuts – served with Ciabatta)

Soft Goat's Cheese in Panko Breadcrumbs

(soft, creamy goat cheese covered in seasoned panko breadcrumbs and gently fried until crisp – served with a beautiful tomato, chilli, herby salsa and a drizzle of honey)

Burrata with Chargrilled Grapes, Fennel Seeds & Basil

(buttery, mild mozzarella with a combination of stracciatella & cream, paired with black grapes which have been marinated in a Valdespino vinaigrette, fennel seeds & basil and baked to intensify their flavour – served with ciabatta to soak up the deliciousness)

Pear, Caramelised Onion, Stilton & Hazelnut Tart

(flaky puff pastry, golden, caramelised onions with thyme, topped with thinly sliced pear and topped with crumbled stilton and hazelnuts – served with mixed leaves)

(lots of other tarts available)

Mixed Garlic Mushrooms & Emmenthal Cheese served with warm Ciabatta

(garlic mushrooms elevated to another level – mixed varieties in a delicious creamy garlic sauce topped with Emmenthal – plus lots of bread to soak up all those juices)

Goat Cheese Cheesecake with Red Onion Jam

(if you have never had a savoury cheesecake before, give this flavoursome one a go! Topped with a tangy red onion jam, it will get those taste buds going)

Marinated Beetroot with Goat Cheese

(thin slices of roasted & marinated beetroot served with batons of fried beetroot, lightly whipped goat cheese served with a beetroot dressing, pine nuts and baby leaves)

Spring Vegetable Risotto

(all the fresh flavours of early Summer – baby asparagus, courgettes, podded broad beans & peas with lashings of chopped mint and basil)

(lots of other risotto dishes available)

Starters *(continued)*

Meat & Others

Teriyaki Beef Lettuce Cup

(tender slices of fillet coated in a glossy rich Japanese sauce sit on top of finely sliced carrot, cucumber & radish wrapped in baby gem lettuce leaves)

Oven Roast Serrano Ham Croquetas

*(A crisp breadcrumb coating with an oozing creamy seasoned centre flavoured with Serrano ham. Served with a few leaves and an Apple & Chilli Chutney)
(can substitute the ham for prawns)*

Gruyère & Bacon Soufflé Suisse

(crisp pieces of smoked bacon, reduced cream and nutty Gruyère cheese makes for a lavish starter – light, fluffy and decadent)

My take on a Caesar Salad

*(crisp romaine lettuce, creamy avocado, crunchy pine nuts, parmesan crisps, anchovy flavoured home-made croutons all coated in the Caesar dressing with more shavings of parmesan!)
(can also add chicken &/or bacon)*

Mixed Platter to Share

(Buffalo mozzarella with a celery, pine nut & olive tapenade / Watermelon, Feta & pistachio carpaccio / a selection of Charcuterie. Served with fresh, warmed sourdough, butter, oils & balsamic)

A Trio of Bruschetta

(baked with flavoured oil, sea salt & pepper a trio of delights: - vine tomatoes & basil with Palma ham/ courgettes & saffron and whipped goat cheese with beetroot)

Beef Carpaccio

*(the freshest of beef sliced paper thin served with rocket and a creamy and flavourful tangy sauce, shallots and fried capers)
(lots of other flavour bombs available to go with this beef dish)*

Most of the starters above can be served as a main course

Mains

Fish

Salmon with Ginger & Lime En Papillote

(organic salmon fillet, steamed in a little parcel of parchment on a bed of shredded leeks, carrots & tomato served with a light, creamy lemon sauce – when opened at the table it releases a burst of aromatic steam, creating an impressive and sensory dining experience – a favourite at SH)

Monkfish with a Chorizo Crust & Spiced Beans

(monkfish tail, coated in a spicy breadcrumb, paprika, garlic, crushed almond crumb and fried until crisp. Served on a bed of delicious, spiced beans, carrot, tomato, celery and herbs)

Paprika baked Cod with Chorizo, Lemon & Thyme

(chunky cod fillet baked in the oven with chorizo slices, lemon zest and cherry tomatoes – a powerful rainbow of tastes)

Pan fried Cod with a Creamy Herb Sauce

(a cod fillet which has been pan fried and finished in the oven sits on a bed of rich, velvety creamy sauce which contains chive, tarragon, dill & parsley)

Monkfish with Tomato, Ginger & Garlic

(a fillet of monkfish tail pan fried in butter & lemon and served on a bed of plum tomatoes, fresh ginger, garlic, chilli and white wine sauce gently flavoured with coriander and parsley)

Sri Lankan Monkfish Curry

(a light, fragrant tomato, onion & ginger sauce served with fluffy basmati rice, poppadum, fresh tomato chutney, coriander sauce, & cucumber and mint raita)

Pan-roasted Cod Loin with a Pea & Asparagus Risotto

(a vibrant pea and asparagus risotto, topped with a perfectly flaky cod loin, a delicious dish at any time of year but particularly in Spring when the asparagus is new!)

Teriyaki and Coriander Salmon with Cucumber Salad

(a delicious combination of sweet, savoury, tender & crisp. Marinated salmon fillets glazed with maple syrup, soya, mirin, sake, ginger, chilli, coriander seeds and baked to perfection. Served with plain rice and a cucumber salad)

Pan Fried Fillet of Salmon with Wilted Baby Gem

(organic salmon pan fried and served with a stack of wilted baby gem lettuce, black olives, tomatoes & cucumbers with a Mediterranean inspired tomato & butter sauce)

Poached Lobster Tail Risotto

(this is definitely a special occasion treat! Its all about the stock reduction – shells, heads & Cognac!)

Mains *(continued)*

Meat

Tender Pink Herb Crusted Lamb Fillet

(a green crusted tender lamb fillet on a bed of peas, shelled broad beans & smoked bacon with a drizzle of home-made mint sauce & crème fraîche)

Roast Rack of Lamb with Spiced Olive Jus

(tender Romney Marsh Lamb cutlets with Moroccan spices served with simple creamy mash)

Organic Chicken Supreme

(sundried tomato butter is tucked under the skin and roasted, served on a bed of creamy butterbean puree with sautéed peppers and chorizo)

Pancetta wrapped Organic Chicken Breast

(a ballotine of moist chicken breast which has been stuffed with a pine nut, sun blushed tomato, basil and garlic mixture then wrapped in pancetta – served with a vermouth & thyme sauce)

Chicken Milanese

(chicken breast covered in flavoursome panko breadcrumbs served with an avocado salsa and a Caesar Salad)

Thai Chicken Fillets

(tender chicken fillets covered in a delicious tangy Thai marinade, fried and served with a tomato chilli jam and salad)

Chicken Tikka Masala

(one of the UK's favourite dishes! Served with Masala Potatoes, Fluffy Rice, Poppadum, Fresh Tomato Chutney, Coriander Sauce, and Cucumber & Mint Raita)
(other curries available – please ask)

Beef Fillet

(a classic French Chateaubriand seared and roasted until pink (no blood))
This can be served with a mushroom, brandy & cream sauce or a red wine sauce)

Confit Duck à L'orange

(succulent, melt-in-the-mouth confit duck leg with a delicious tangy Seville orange sauce)

Duck Ragout

(duck legs poached in wine, port & madeira – the sauce reduced until thick and syrupy. Served with Sweet Potato Mash spiced with ginger)

Mains *(continued)*

Vegetables & Other

Gratin of Roasted Butternut Squash, Leeks, Sweetcorn & Hazelnuts

(individual stacks of vegetables topped with roasted hazelnuts served with a warm Gabriel cream cheese sauce)

Spring Vegetable Risotto

(fresh flavours of early Summer – podded baby broad beans, peas, asparagus, courgettes with fresh mint and basil)
(other Risottos available)

Root Vegetable Gratin

(layers of thinly sliced sweet potato, swede, celeriac, parsnip, beetroot & onion baked in a Comte Cheese sauce topped with mild blue cheese and toasted hazelnuts)

Cheese, Potato and Onion Pies

(ultimate comfort veggie meal – melty cheese & potatoes stacked and covered with puff pastry)

Spinach and 3xCheese Pithiviers

(Very pretty individual dome shaped pies, full of oozing deliciousness)

“Upmarket Tarts”

Slow Roasted Tomato & Gruyere
Roasted Tomato, Parmesan and Basil
Leek, Mild Blue Cheese & Walnut
Asparagus & Goats Cheese
All served with a baked potato & salads

Potato and Celeriac Puffs with Tomato Chutney

(a potato base of thinly sliced potatoes, topped with a light celeriac souffle mixture – served with a tomato, ginger & apple chutney)

Red Onion Tarte Tatin with Goat Cheese

(a winner, even with non-vegetarians – sticky caramelised red onions on a base of crisp, flaky pastry topped with ash flavoured goat’s cheese, roasted hazelnuts and watercress)

Desserts

Greek Yoghurt Panna Cotta with Strawberries

(not too sweet, this dessert is perfect if you don't want anything too heavy – creamy panna cotta with poached, glazed strawberries, a coulis and a homemade Viennese finger dipped in chocolate!)

Sticky Cornish Fudge Pudding

(Surprisingly light and very Moorish – fudgy sponge pudding, salted toffee sauce, served with clotted cream, custard or ice cream)

Lemon Meringue Surprise

(the surprise is the sticky biscuit base. Smooth, zingy lemon topped with a crisp meringue – a very popular dessert!)

Treacle Tart with Ginger Cake & Orange

(a personal favourite of mine – individual delicate short pastry tartlets with a ginger cake, stem ginger, orange zest and a hint of rosemary filling served with a drizzle of ginger syrup and ginger flavoured cream)

Celebration Chocolate Mousse Cake

(chocolate cake sponge base with a light chocolate mousse, topped with crème fraîche, Greek yoghurt and seasonal fruits)

Pear and Amaretto Cheesecake

(pears poached in vanilla sugar syrup, mixed with mascarpone and amaretto liqueur sits on a bed of Nutella flavoured biscuits – no gelatine, no baking!)

Cinnamon Pavlovas with Caramelised Apples & Blackberries

(individual crispy cinnamon meringues with whipped cream, topped with warm caramelised apples and blackberries)

White Chocolate Parfait with Passionfruit & Mango Sauce

(an Italian heavenly creation – a cross between frozen mousse and ice cream)

Lemon Posset with Macerated Strawberries

(creamy, lemony and delicious – served with orange spiked macerated strawberries and a homemade rosemary shortbread)

Nectarine & Marzipan Tart

(juicy individual tarts sweetened with a thin layer of golden marzipan, glazed with apricot conserve and a scattering of roasted hazelnuts – served with Greek yoghurt & honey)

Cheese, Fruit and Chocolate Sharing Platter

(saved the best 'til last! Served on a long platter – a selection of soft, hard & blue cheeses with biscuits, fresh seasonal fruits and a selection of chocolate treats)